ADULTS

Adult Mini Classes

Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.

Back in Action

This active workshop will concentrate on stretching and strengthening the neck and back. Proper sleeping and sitting positions will be discussed. Wear comfortable clothing for exercises and stretches.

Register by: 4/4.

#15501 Wed Apr 13 7:00 pm-8:00 pm \$11(R)/\$13(N) Ages: 18 + Site: SC

Getting Paid to Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Participants will have the opportunity to record a commercial script under the direction of a producer. This informative and fun class is a great first step in learning about professional voice acting.

Register by: 4/11

#15502 Tue Apr 19 7:00 pm-9:00 pm \$19(R)/\$22(N) Ages: 18 + Site: SC

Postural Screening

Posture says a lot about your mood, well being and physical fitness. Individuals will have a postural alignment screening and receive recommendations from the doctor on ways to strengthen and improve your posture.

Register by: 4/18.

#15508 Mon Apr 25 7:00 pm-8:00 pm \$11(R)/\$13(N) Ages: 18 + Site: SC

Supplementing Sensibly

Confused about which vitamins, minerals, herbs, and related dietary supplements to take or don't even know where to begin? Let the nutritionist, a registered dietitian, help you design a supplement plan that is right for you. Bring your supplements with you to address specific questions you may have.

Register by: 4/25

#15542 Thu May 5 7:00 pm-9:00 pm \$21(R)/\$24(N) Ages: 18 + Site: SC

Find a mistake?

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our publications to meet this need.

Adult Arts/Dance/Leisure Classes

Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.

Ballet for Adults

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. See Teen Ballet for more classes.

Adv./Ages 13+. 8 weeks.

#15144 Tue Apr 12-May 31 6:30 pm-7:45 pm \$56(R)/\$66(N) Ages: 13 + Mangan Site: RBC

Adv./Ages 13+. 8 weeks.

#15145 Thu Apr 14-Jun 2 6:30 pm-7:45 pm \$56(R)/\$66(N) Ages: 13 + Mangan Site: RBC

Adv. Beg./Ages 13+. 8 weeks.

#15146 Thu Apr 14-Jun 2 7:45 pm-9:00 pm \$56(R)/\$66(N) Ages: 13 + Mangan Site: RBC

Ballroom Dance

Even if you think you have 'two left feet' come join us, have fun and be surprised at what you can learn! We will teach you the basic steps in the standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Note: Class and fee is for couples only. 8 weeks.

Ballroom Dance Beginner

#15162 Wed Apr 6-May 25 7:30 pm-8:30 pm \$85(R)/\$99(N) Ages: 18 + Mola Site: RPES

Ballroom Dance Intermediate

No class 1/26 & 2/16. Prerequisite: Beginner ballroom dance. #15163 Wed Apr 6-May 25 8:30 pm-9:30 pm \$85(R)/\$99(N) Ages: 18 + Mola Site: RPES



Adult/Child Cooking Classes are a yummy time together.

Belly (Mid Eastern) Dancing

Learn an exciting and ancient dance performed worldwide by men and women. Belly Dance is a dynamic and diverse art form, incorporating a wide array of styles and movements from folk, social, and classical traditions of Middle Eastern cultures. Class content will vary depending on instructor. Note: Wear exercise apparel and bring ballet slippers or dance in bare feet. Students enrolled in Advanced Beginning must have completed the Beginning course.

Belly Dance Beginner. 10 weeks.

#15164 Thu Apr 7-Jun 9 7:00 pm-8:00 pm \$70(R)/\$83(N) Ages: 14 + Amara Site: TCRC

Belly Dance Advanced Beginner. 10 weeks.

#15165 Thu Apr 7-Jun 9 8:00 pm-9:00 pm \$70(R)/\$83(N) Ages: 14 + Amara Site: TCRC

Belly Dance Beginner. 7 weeks.

#15166 Tue Apr 5-May 17 7:30 pm-8:30 pm \$49(R)/\$58(N) Ages: 16 + Salomé Site: SC

Conversational Spanish I

This beginner conversational Spanish class will include pronunciation, comprehension and use of short everyday sentences. Emphasis will be on situations encountered by travelers and students in Spanish speaking countries.

No class 5/30. 8 weeks.

#15169 Mon Apr 11-Jun 6 7:00 pm-9:00 pm \$79(R)/\$93(N) Ages: 16 + Cuesta Site: SC

Crochet for the Beginner

Crochet is a creative, relaxing, portable and productive hobby. Join us and learn basic stitches and skills. Learn about 'gauge,' how to read and customize patterns, and about professional finishing techniques. Start now on a fun item. Crocheted items run the gamut and often are seen in home décor, on newborn and toddlers, and in sweaters and afghans. Note: Supply list will be mailed prior to the first class. 6 weeks

#15380 Thu Apr 14-May 19 7:30 pm-9:00 pm \$32(R)/\$38(N) Ages: 16 + Silverberg Site: GM

Cybereducation

Now, on your own schedule and at your own pace, take enrichment classes from the comfort of your home or office. Read lessons, participate in tutorials, hold interactive discussions and meet online with the instructor and your fellow students in the on-line classroom. Each class is self-paced and open 24 hours per day so you will not have to be available at any specific time. Note: Course requirements include: Internet access and intermediate pc skills. Remember to include your e-mail address with your registration. For more information, visit www.gsinet.org

Organize or Agonize

Killing time? Throw it a lifeline. Successful well-organized people aren't just born that way . . . they have developed proper habits. Learn the how-to's in this on-line class. 6 weeks.

#15171 Apr 26-May 31

\$79(R)/\$93(N) Ages: 18 + Fugere

Dog Obedience

You CAN teach an old dog new tricks! Learn how to handle those problem pets or how to prevent young dogs from developing bad habits. Note: The trainer should be at least 12 years old and physically capable of handling the dog. Current vaccination is required. Family members are welcome to attend and participate in the training. Fee is per dog. Dogs of all ages welcome. Instructor will assist with individual behavior problems if time permits. Call weather line at 240-314-5023 for status of class. 6 weeks.

Puppies and Dogs under 25 pounds.

#15221 Wed Apr 6-May 11 6:00 pm-7:00 pm \$41(R)/\$48(N) Ages: 6 months + Klym Site: SC

Basic for Dogs

#15222 Wed Apr 6-May 11 7:00 pm-8:00 pm \$41(R)/\$48(N) Ages: 6 months + Klym Site: SC

Hip-Hop Dance

You can learn the latest Hip-Hop dance moves with your own style! If you've got rhythm and desire, this Hip-Hop class is for you! Wear loose fitting clothes and jazz shoes or new clean sneakers. 5 weeks.

#15541 Fri Apr 15-May 13 7:00 pm-8:00 pm \$29(R)/\$33(N) Ages: 16 + Blackman Site: TCRC

Knitting for Beginners

Learn how to cast on, knit, purl, cast off and follow a simple pattern! Knitting is a great craft and a great stress reliever. Join us for this easy to learn activity and create something all by yourself. Note: List of materials you will need to purchase will be given out at first class. \$10 supply fee for basics to get you started payable to the instructor at the first class. 4 weeks

#15360 Wed Apr 6-27 6:30 pm-8:00 pm \$21(R)/\$25(N) Ages: 16 + Bahr Site: SC

Knitting: The Next Step

Are you ready for more of a challenge? Now that you know how to knit, purl, cast on, and bind off, it's time for the next step! Try lace knitting, cables, pattern stitches, knitting in the round, intarsia (two-color knitting), and more complicated garment construction. Choose a project before class and come with yarn and needles in hand. The instructor will provide individual and class instruction based upon your project. 4 weeks.

#15175 Tue Apr 19-May 10 6:30 pm-8:00 pm \$21(R)/\$25(N) Ages: 16 + Bahr Site: SC

Line Dancing

No experience is necessary. Just come, join in the fun and get some exercise too! You'll start with the basics and add steps and combinations as we go, including the cha-cha and the electric slide. This is a non-partner, self-paced dance activity. Dance to a variety of country, western and popular music! Note: Sneakers or soft-soled shoes required. No class 5/30. 8 weeks.

#15182 Mon Apr 11-Jun 6 7:00 pm-8:00 pm \$53(R)/\$63(N) Ages: 16 + Cunningham Site: RPES



Pottery - Introduction to Clay

Plunge your hands in clay. Explore slab, coil and other techniques of hand building. Introduction to the potter's wheel. Incorporate your interests in the piece or pieces that you create. Note: \$25 supply fee due to instructor at first class.

No class 5/28. 8 weeks.

#15190 Sat Apr 9-Jun 4 1:00 pm-3:00 pm \$90(R)/\$104(N) Ages: 16 + Prinsloo Site: SC

Watercolor Beginner & Continuing

Learn all about watercolors and how to apply them. Paint both still life and creative works. Become a confident painter, one who takes chances and most importantly, has a good time doing so. Note: Individualized help with brushwork, technique and tools will be offered. Supply list will be mailed prior to first class. No class 5/30. 8 weeks.

#15208 Mon Apr 11-Jun 6 7:00 pm-9:00 pm \$85(R)/\$99(N) Ages: 16 + Ely Site: SC

Adult Fitness/Sports Classes

Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted. Call weather line at 240-314-5023 for status of class.

Aerobic Training

Move and groove into fitness! This versatile training program is set to music that will motivate you to get a well-balanced workout. Customized for you with optional exercise stations that include free weights, step aerobics, toning bands, line dancing, aerobic boxing, floor work and stretching.

#15524 Mon & Wed Apr 11-Jun 8 6:30 pm-7:30 pm \$25(R)/\$30(N) Ages: 13 + Jenkins Site: LPCC

AM Survivor

Wake your body to an energetic, sweat pouring workout for men and women who want something a little different than the average aerobic class. Enjoy a challenging but fun workout that will improve your overall strength and conditioning. Class will meet at the King Farm shelter and will be held outdoors, rain or shine. Co-sponsored by Elite Athletic Training Systems, Inc. All fitness levels welcome. 4 weeks.

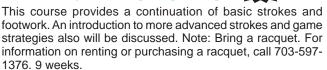
#15493 Tue & Thu Apr 5-28 6:20 am-7:20 am \$120(R)/\$135(N) Ages: 18 + E.A.T.S. Site: KFP

Badminton for Beginners

This class introduces participants to the basic strokes and techniques of badminton as well as the history, rules, and scoring of this Olympic sport. Note: Bring a racquet. For information on renting or purchasing a racquet, call 703-597-1376. 9 weeks.

#15550 Sun Apr 10-Jun 5 12:30 pm-1:45 pm \$64(R)/\$75(N) Ages: 18 + Thong Site: TCRC

Badminton - Intermediate NEW



#15551 Sun Apr 10-Jun 5 1:45 pm-3:00 pm \$64(N)/\$75(N) Ages: 18 + Thong Site: TCRC

Register for three of the following classes and receive a \$7 discount: #15286, #15287, #15288 & #15289.

Register by mail, fax or in-person.

Body Sculpting

Pump-up your metabolism! This non-aerobic, high-energy workout focuses on muscular strength and endurance using hand-held weights, steps and various other resistance forms. You will love the way you look and feel! Note: Wear aerobic shoes, comfortable clothing and bring 3-5 pound weights. 10 weeks.

#15286 Tue Apr 5-Jun 7 6:15 pm-7:15 pm \$53(R)/\$62(N) Ages:15 + Quintiere Site: SC

Combo Step Aerobics

Enjoy a great cross training workout including low impact aerobics, step aerobics and strength training. Prepare your muscles for a new diversion each week. Note: Bring weights and a towel or mat to class. No class 5/28. 9 weeks.

#15288 Sat Apr 9-Jun 11 9:00 am-10:00 am \$48(R)/\$56(N) Ages: 15 + Rourke Site: SC

REP Reebok™

Enjoy a simple and effective way to improve strength and definition of muscle groups. Pre-choreographed workout includes routines to strengthen all muscles, designed to benefit all fitness levels. Step platform and free weights are used. Note: Steps are provided. 10 weeks.

#15287 Thu Apr 7-Jun 9 6:15 pm-7:15 pm \$56(R)/\$65(N) Ages: 15 + Quintiere Site: SC

Step Aerobics

For that extra fitness push, join us in a low-impact cardiovascular workout using a step platform (which is provided). Enjoy this high energy and invigorating workout. All levels welcome. 10 weeks.

SPRING 2005 ADULTS

Climbing for Adults - Beginner

Spend an evening learning the climbing basics and proper belay techniques. Work with experienced climbers who will show you movements for climbing and bouldering. Once you catch on you'll be ready for Open Climbing Nights on Tuesdays at the gym. All equipment is provided. Registration deadline is one week prior to the start of class. Drop-in registrations are welcome on a space-available basis.

#15361 Mon	Apr 25	7:00 pm-9:00 pm
\$20(R)/\$25(N)	Ages: 18 +	Site: CG
#15362 Mon	May 23	7:00 pm-9:00 pm
\$20(R)/\$25(N)	Ages: 18 +	Site: CG
#15363 Mon	Jun 27	7:00 pm-9:00 pm
\$20(R)/\$25(N)	Ages: 18 +	Site: CG

Climbing: Indoor/Outdoor Class

Learn the best of both worlds. Spend two Wednesday nights at the indoor gym learning the basics of equipment and safety. At a third class on Saturday morning, the group will reconvene at one of the local climbing areas where you can put your skills into action in an outdoor environment. This class is intended for beginning and intermediate-level climbers. All equipment will be provided. Register by: 5/1.

Wed. May 11 & 18, 7-9 p.m. Sat., May 21, 8 a.m.-5 p.m. #15377 \$65(R)/\$76(N) Ac

#15377 \$65(R)/\$76(N) Ages: 18 + Site: CG

Fat Burning Aerobics NEW

Shape up in this new high energy workout that is fun, effective and open to all fitness levels. Just the right intensity will help you burn fat and calories to help you look your best. Body toning, stretching, legs and ab exercises will be included. Wear comfortable clothes and shoes and bring a water bottle.

FREE DEMONSTRATION CLASS! Register by April 1

#15544	Sat	Apr 9	8:4	15 am-9:45 am
No fees		Ages: 16 +	Ponce	Site: TCRC

8 weeks. No class 5/28.

#15494 Sat Apr 16-Jun 11 8:45 am-9:45 am \$44(R)/\$51(N) Ages: 16 + Ponce Site: TCRC

Golf - Beginner

Get into the swing of golf and learn proper swing mechanics, golf etiquette and rules. The first class will be held rain or shine. Those owning clubs should bring them. Clubs are provided during class if needed. Call Pro Shop, 240-314-8730. Call weather line at 240-314-5023 for status of class.

#15291 Wed Apr 6-May 4 5:30 pm-6:30 pm \$49(R)/\$57(N) Ages: 15 + Johnson Site: RMGC

E-mail Notification

We use the e-mail addresses in **rock renroll** to notify you about upcoming registration dates, programming changes, weather closings, etc.

Jazzercise

The original dance exercise phenomenon! Each 60 minute workout blends dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk, and classics. The routines are fun and easy to follow. Bring weights to class.

9 weeks. No class 5/30.

#15292 Mon Apr 4-Jun 6 6:30 pm-7:30 pm \$54(R)/\$62(N) Ages: 16 + Shenk Site: JWMS

No class on 5/18. 8 weeks.

#15293 Wed Apr 6-Jun 8 6:30 pm-7:30 pm \$48(R)/\$56(N) Ages: 16 + Shenk Site: JWMS

Kick Boxing

This aerobic-type workout utilizes techniques from boxing, Tae Kwon Do and other martial arts. It emphasizes stretching, conditioning and an aerobic workout. 9 weeks. No class 5/30.

#15299 Mon Apr 4-Jun 6 6:30 pm-7:30 pm \$50(R)/\$59(N) Ages: 14 + Latchinian Site: TCRC

Class held at King Farm Community Room, 800 Pleasant Drive, Suite 200.

#15510 Fri Apr 8-Jun 3 6:30 pm-7:30 pm \$50(R)/\$59(N) Ages: 14 + Latchinian Site: KFP

Mama Fit NEW

A great workout for brand new moms with baby. Get started on losing that weight from your pregnancy - physician's approval required. Strengthen the whole body through a variety of exercises to include an upper and lower body workout. Bring a baby front carrier to be used during exercises with baby during class.

#15548 Fri Apr 8-May 27 11:00 am-12 noon \$42(R)/\$50(N) Ages: 18 + Archie Site: ESCC



Come with a friend or meet new ones!

Slimnastics

Shape up and increase your flexibility and muscles with well-planned isotonic exercises. There is no running or jumping in class. Classes are designed to maintain fitness, improve muscle strength and reduce sports injuries. Note: Bring a mat to class. If a participant registers for two Slimnastic classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. No class 5/30.

9 weeks. #15304 Mon \$52(R)/\$60(N)	Apr 4-June 6 Ages: 15 +	10:00 am-11:00 am Creamer Site: FSFT
10 weeks. #15305 Thu \$58(R)/\$67(N)	Apr 7-Jun 9 Ages: 15 +	6:30 pm-7:30 pm Creamer Site: ESCC
10 weeks. #15306 Fri \$58(R)/\$67(N)	Apr 8-Jun 10 Ages: 15 +	10:00 am-11:00 am Creamer Site: FSFT
10 weeks. #15307 Wed \$58(R)/\$67(N)	Apr 6-Jun 8 Ages: 15 +	10:00 am-11:00 am Creamer Site: ESCC

Tennis for Adults - Adv. Int.

For the player who easily can sustain a rally at moderate pace but lacks variety in shot making. Learn spin, second serve, drop shots and more advanced drills for lobs and overheads. Hand signals for doubles, alternate formations in doubles and attacking volleys are taught. (NTRP rating 3.5-4.0). Note: Participants should bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class. 4 weeks.

#15519	Sat	Apr 9-30	9:00 am	-10:30 am
\$46(R)/\$53	3(N)	Ages: 16 +	Zatman	Site: BAP

Tennis for Adults - Beginner

Learn fundamentals including basic grips and strokes (forehand, backhand, serve and volley). Rules and scoring are taught. Note: Participants should bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class. 6 weeks.

\$46(R)/\$54(N)	Ages: 16 +	Illanes Site: DP
#15313 Sat	Apr 16-May 21	9:30 am-10:20 am
\$46(R)/\$54(N)	Ages: 16 +	Estrada Site: KFP

6,00 nm 6,50 nm

Tennis for Adults - Intermediate

Apr 11 May 16

For players who can sustain a slow rally but still lack control and depth when hitting with pace. Learn top spin and slices, approach shots, return of serves, lobs and overheads. Percentage tennis, winning tactics and advanced strategy in singles and doubles are taught. (NTRP Rating 3.0-3.5) Note: Participants should bring a racquet; balls are provided. Call the weather line at 240-314-5023 for status of class.

5 weeks.			
#15317 Sat	Apr 16-May 14	10:3	30 am-12 noon
\$56(R)/\$66(N)	Ages: 16 +	Baker	Site: MCCP

Tennis for Adults - Novice

For players who have a fundamental knowledge of tennis and are familiar with grips and strokes. This player has difficulty sustaining a rally and cannot control the ball consistently. Learn and review basic strokes, directional hitting, lobs and basic strategy for singles and doubles. Note: Participants should bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class. 6 weeks.

#15314 Mon	Apr 11-May 16	7:00 pm	n-7:50 pm
\$46(R)/\$54(N)	Ages: 16 +	Illanes	Site: DP
#15315 Sat	Apr 16-May 21	10:30 am-	11:20 am
\$46(R)/\$54(N)	Ages: 16 +	Estrada	Site: KFP

Weight Training

Come work out and look your best. Let our facility trainer assist you in customizing the workout just for you. Free weights, treadmills, stair-climbers and other great exercise equipment are available to help you get that special workout.

#15526 M	W & F Apr 4-Jun 10	7:00 pm-8:00 pm
\$45(R)/\$65(I	N) Ages: 13-255	Site: LPCC

Internal Arts and Martial Arts

Today, more and more people are focusing on preventive health care based on body/mind/spirit integration. Meditative activities have been practiced for centuries and are known to promote physical and mental wellbeing. Note: Wear comfortable clothing.

Nia - Movement/Fitness

If you are looking for a new way to relax, stay fit and enjoy life just a little bit more, find out what Nia can do for you. It is based on movements that strengthen, open, realign, balance, invigorate and heal the body, mind and spirit. Note: All fitness levels welcome and no previous experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a water bottle and a mat. 9 weeks.

#15189	Wed	Apr 6-Jun 1		6:30 pm-7:45 pm
\$83(R)/\$9	95(N)	Ages: 16 +	Liss	Site: SC

RUN UNDER THE LIGHTS

Every Wednesday night, with the exception of school holidays and school closings due to inclement weather, the lights are turned on at the Richard Montgomery HS track. Montgomery County Road Runner Club personnel will be there and can help you set up a running or walking program.

Note: Everyone is welcome but ages 16 and under must be accompanied by an adult.

Registration by: Registration is open every Wed. night at RMHS.

Free Dates: Ongoing-4/13 Wednesday, 7-8:30 pm

#15212 Man

SPRING 2005 ADULTS

Pilates

Enjoy a no-impact, mind/body workout that trains core muscles that stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles and will improve posture, abdominal strength, balance and flexibility. Note: Appropriate for all fitness levels. Bring a mat to class.

6 weeks.

#15295 Wed Apr 6-May 11 7:30 pm-8:30 pm \$51(R)/\$59(N) Ages: 16 + Hallman Site: TCRC

6 weeks.

#15296 Wed Apr 6-May 11 6:30 pm-7:30 pm \$51(R)/\$59(N) Ages: 16 + Hallman Site: TCRC

8 weeks.

#15297 Wed Apr 6-May 25 6:30 pm-7:30 pm \$68(R)/\$80(N) Ages: 16 + Peterson Site: ESCC

Note: This class is held at Kicks Karate 800 Pleasant Dr., Suite 140 in Rockville. 8 weeks. No class 4/14.

#15298 Thu Apr 7-Jun 2 11:00 am-11:50 am \$68(R)/\$80(N) Ages: 16 + Peterson

Self-Defense for Women

Anticipating an attack can be the best type of self-defense. Learn safety tips and skills needed for handling various attacks 'on the streets' using the opponent's weakness instead of your own strength. Practice using pressure points, getting out of holds, chokeholds, basic countering to weapons and self-defense. Note: Classes held at World Karate Masters, 4935 Wyaconda Road, Rockville. 10 weeks.

#15301 Tue Apr 5-Jun 7 7:30 pm-8:30 pm \$55(R)/\$65(N) Ages: 15 + Latchinian

T'ai Chi Ch'uan

Promote your physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, you will tone your sinews and gently massage your spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

10 weeks.

#15290 Wed Apr 6-Jun 8 7:45 pm-8:45 pm \$63(R)/\$74(N) Ages: 18 + Sambuco Site: SC

Tae Kwon Do

This co-ed course teaches the basics, from warm-ups and stretches to kicks, blocks, punches, combinations and conditioning. Improve your fitness level, muscle tone, flexibility, strength and self-defense skills at the same time you learn about Tae Kwon Do. Note: Classes held at World Karate Masters, 4935 Wyaconda Road, Rockville.

10 weeks.

#15302 Thu Apr 7-Jun 9 8:00 pm-9:00 pm \$55(R)/\$65(N) Ages: 15 + Latchinian

Yoga - Beginner and Continuing

Energize the body, balance the emotions, focus the mind and renew the spirit after a busy workday by learning this gentle flowing style of movement. Learn how to increase your flexibility, strength and agility through breath work, visualization and block release movements. Note: All levels of experience are welcome. Bring a sticky mat and blanket to class. 11 weeks.

#15211 Tue Apr 5-Jun 14 6:15 pm-7:15 pm \$85(R)/\$99(N) Ages: 12 + Smith Site: TCRC

#15212 Tue Apr 5-Jun 14 7:20 pm-8:20 pm \$85(R)/\$99(N) Ages: 12 + Smith Site: TCRC

Yoga - Gentle Hatha

Learn the true spirit of yoga through step-by-step instruction for every fitness level. Practice yoga postures (asanas), correct breathing techniques (pranayama), proper body alignment and yoga compassion and respect (Namaste). Yoga movements offer physical benefits and stress management. Note: Those with injuries should consult a physician prior to registration. Bring a yoga mat, a large towel and water bottle. Wear layered clothing. Beginner and continuing.

11 weeks.

#15213 Thu Apr 7-Jun 16 7:30 pm-8:45 pm \$87(R)/\$103(N) Ages: 16 + Dodson Site: SC

Yoga - Prenatal NEW

Learn postures to practice during the changing phases of your pregnancy. Reduce stress and anxiety through calming breathing techniques. Nurture the bond between yourself and your baby through yoga. Be part of supportive connection with other pregnant women.

7 weeks.

#15381 Sat Apr 9-May 21 11:00 am-12 noon \$67(R)/\$79(N) Ages: 18 + Dodson Site: ESCC

Yoga for Strength, Wholeness & Health

Enjoy a powerful and effective workout in this form of yoga. Vigorous stretches and held postures alternate with breathing, relaxation and visualization. This is specially suited for busy people who want to stay calm, bright and centered in a high-energy world. Note: Bring a sticky mat and a blanket to class. 10 weeks.

#15214 Tue Apr 5-Jun 7 7:00 pm-8:15 pm \$79(R)/\$93(N) Ages: 16 + Ruffieux Site: ESCC

Note: Class held at King Farm Community Room, 800 Pleasant Dr., Suite 200, Rockville.

#15379 Thu Apr 7-Jun 2 7:00 pm-8:15 pm

\$79(R)/\$93(N) Ages: 16 + Ruffieux

Need an additional Registration Form?

Download one from

our Web site
www.rockvillemd.gov

Yoga Gentle Hatha - Beginner

Practice gentle stretching and strengthening exercises for the whole body as well as deep relaxation and breathing techniques for releasing tension. Ideal for beginning yoga students, people who need to work with more awareness on specific areas, anyone feeling tense and senior citizens in good health. Note: Those with injuries should consult a physician prior to registration. Bring a mat to class. 8 weeks.

No class 4/21, 5/19 & 6/2.

#15215 Thu Apr 7-Jun 16 6:15 pm-7:15 pm \$62(R)/\$73(N) Ages: 15 + Suryavanshi Site: FES

7:00 pm-8:00 pm #15216 Wed Apr 6-May 18 \$54(R)/\$64(N) Ages: 15 + Steele Site: LES

Yoga Stretch for Golfers NEW

Enhance your performance through increased flexibility and strength. Learn yoga stretches and poses to improve your balance and increase your mental focus before you go out and play.

4 weeks

Apr 9-30 #15471 Sat 9:00 am-9:45 am \$29(R)/\$34(N) Ages: 16 + Hourihan Site: TCRC

Yoga Vinyasa Flow

Vinyasa, a meditation-in-motion and heat-building style of yoga, increases strength and flexibility and encourages purification of body and mind. This style of yoga links poses and breath through steady and flowing sequences. Note: Students should be in good health and free of major injuries. Class will be held at Thrive, 1321 B Rockville Pike, Rockville.

10 weeks.

#15218 Thu Apr 7-Jun 9 12:15 pm-1:15 pm \$80(R)/\$94(N) Ages: 16 +

Yoga Vinyasa Flow All Levels

Vinyasa, a meditation-in-motion and heat-building style of yoga, increases strength and flexibility and encourages purification of body and mind. This style of yoga links poses and breath through steady and flowing sequences. Note: Class is scheduled at the same time as our Creative Yoga for Kids, #15170. All adults and all levels are welcome to practice yoga at dusk with us! Class will be held at Thrive, 1321 B Rockville Pike, Rockville. 10 weeks.

#15170 Tue Apr 5-Jun 7 4:00 pm-5:00 pm \$80(R)/\$94(N) Ages: 16 + Bowen

Yoga-lates

We combine the best of Yoga and Pilates so you can have a terrific energizing workout to both your mind and body. Join us and experience the core strengthening exercises of Pilates combined with many Yoga postures. Bring a mat and a towel to class. 8 weeks.

#15220 Mon Apr 4-May 23 12 noon-1:00 pm Site: TCRC \$62(R)/\$73(N) Ages: 16 + Hourihan #15344 Wed Apr 6-May 25 12 noon-1:00 pm \$62(R)/\$73(N) Ages: 16 + Site: TCRC Hourihan

Adult Sports

Softball - Co-Rec

Open to all high school graduates 18 years or older.

Reverse Softball

C Level softball single games. Men bat opposite their normal stance.

#13530 Apr 15-Jul 15 6:00 pm-10:00 pm \$595 Site: BAP Ages: 18 +

Softball - Men's

Open to all high School graduates 18 years or older.

C Doubleheader

Men's C level Doubleheaders, 20 games #13522 Sun, Mon, Tue, Wed, or Thu Apr 10-Aug 25 5:00 pm-10:00 pm \$825 Ages:18 + Site: BAP

D Doubleheader

Men's D Level Doubleheaders, 20 games #13523 Mon, Tue, or Wed Apr 18-Aug 31 6:00 pm-10:00 pm \$825 Ages: 18 + Site: BAP

D Single Games

Men's D Level Single Games, 14 games #13524 Thu Apr 21-Sep 1 6:00 pm-10:00 pm \$595 Ages: 18 + Site: BAP

C/D Doubleheader

Men's C/D Level Doubleheaders, 20 games #13525 Sun, Mon, Tue, Wed or Thu Apr 17-Sep 1 5:00 pm-10:00 pm \$825 Ages: 18 + Site: BAP

Softball - Women's

Open to all high school graduates 18 years or older.

C Level Softball

C level, 14 single games #13532 Thu Apr 14-Jul 14 \$595

6:00 pm-10:00 pm Ages: 18 + Site: MTSAP

Volleyball - Sand Co-Rec

Open to all high school graduates 18 years and older.

Sand Co Rec Volleyball

Single games, 8 weeks

#13534 Thu May 5-Jun 23 6:00 pm-8:00 pm \$170 Ages: 18 + Site: CGP

NEW TO ROCKVILLE?

The City of Rockville Department of Recreation and Parks invites you to come in and find out what we have to offer. We have programs, classes and facilities for all ages. Want to learn more?

Please give us a call at

240-314-8620 . . . you are important to us!

Adult Trips

Registration for these trips begins upon receipt of the guide. One week prior to trip, a letter with specific information will be mailed to each participant. If you do not receive one, call 240-314-8641. Most of our outdoor activities require some degree of physical fitness. If you are unsure of your abilities, or need tips on how to dress for an activity, please call the Outdoor Programs staff at 240-314-8641. Note: Participants under 18 years old must be accompanied by an adult.

Blue Ridge Horseback Ride

Head out west (of the beltway) as winter wanes and saddle up at the Marriott Ranch for a 90-minute guided trail ride through the scenic foothills of the Blue Ridge Mountains. We'll stop for a late lunch at a pub in Flint Hill on the way home. Cost includes transportation, leadership and outfitter's fees.

#13290 Sat 10:00 am-7:00 pm Ages: 10 + \$53(R)/\$64(N)

Make Mine Manhattan

Join us for a day in New York City. We'll arrive midmorning and the day is yours to explore the Big Apple. Make your own plans to visit a museum or two, stroll through Central Park, shop on Fifth Avenue, catch a show or head downtown to Ellis Island. The possibilities are endless! Cost includes transportation and leadership. Register by: 3/2.

#13255 Sat Mar 19 5:00 am-11:00 pm \$55(R)/\$69(N) Ages: 8 +

South into Virginia, Part 3

The southward adventure into Virginia on the Appalachian Trail continues with this 7.3-mile hike from the Blackburn Trail Center to Snickers Gap. The view from Crescent Rock of the Shenandoah River and Valley is wonderful and the rockoutcroppings are unusual along this section of the Trail. This is a steep and rocky section but worth the work! Cost includes transportation and leadership. Register by: 4/4.

#15442 Sat Apr 16 8:00 am-5:00 pm \$35(R)/\$45(N) Ages: 12 +

Georgetown House Tour

Join us for a tour in this historic district of Washington, D.C. Six of Georgetown's most beautiful homes and their impressive gardens will be showcased. Houses are arranged for easy walking at your own pace. Included will be a tour of and tea at St. John's Episcopal Church, which was founded in 1769. Cost includes tour fees, transportation and leadership. Register by: 4/11.

#15543 Sat Apr 23 11:00 am-6:30 pm \$63(R)/\$79(N) Ages: 11 +

Pirates of Penzance

Washington's premier light opera company, the Washington Savoyards, present Gilbert and Sullivan's timeless masterpiece of musical mayhem, hilarity and romance at the Weinberg Center for the Arts. Come along and enjoy the adventures of these swashbuckling tender-hearted pirates and their young apprentice. Dinner following the matinee is on your own in historic downtown Frederick. Register by: 5/9.

#15477 Sun May 22 12:30 pm-9:00 pm \$60(R)/\$75(N) Ages: 10 +

Summer Solstice Kayaking

Glide into the guiet, hidden channels of Dyke Marsh, a freshwater wetland just downriver from Alexandria. This is one of the best birding and nature observation sites in the areahome to osprey, great blue heron and beaver. Cost includes outfitter's fee, transportation and leadership. Note: Participants must be able to swim. Register by: 6/11.

#15517 Sat Jun 25 \$75(R)/\$89(N) Ages: 14 + 8:00 am-3:00 pm

NEW THIS SPRING

TWINBROOK COMMUNITY RECREATION CENTER

CO-ED BASKETBALL LEAGUE

WEDNESDAYS **APRIL 13 - JUNE 8**

3 MEN AND 3 WOMEN PER TEAM

6:30 P.M., 7:30 P.M. AND 8:30 P.M. GAMES

\$395 PER TEAM

GROWERS ONLY FARMERS MAR

 Farm-fresh Fruits
 Vegetables
 Bedding Plants • Cut Flowers

Preserves • Herbs • Baked Goods

For information call 240-314-8600

Saturdays:

Corner of Rt. 28 & Monroe St. May 14 - Oct. 29 9 a.m. - 1 p.m.

Wednesdays:

E. Montgomery Ave. June 1 – Oct. 26 11 a.m. – 2 p.m.

Adult Trips Series



Appalachian Trail Hiking Series

Families and individuals can catch a glimpse of the area's history and folklore while enjoying these outings. The Appalachian Trail has been divided into sections for day hikes. Participants must be able to hike at least two miles over rocky hills without a break and complete the distance indicated. Earn a certificate and patch after hiking all sections in the series. For more information, call 240-314-8641.

AT #5 Reno Monument to Gathland

Exercise your stride and your mind on this 6.4-mile hike over moderately difficult terrain. This area is steeped in Civil War history-the Reno Monument honors a slain Virginia general. Cost includes transportation and leadership. Register by: 3/2.

#12228 Sat Ma \$35(R)/\$45(N) Ag

Mar 12 Ages: 8 + 8:00 am-5:00 pm

AT Hike #1 - High Rock to Route 16

Enjoy this six-mile hike that starts with a panoramic view at High Rock. Cross the Mason-Dixon Line and pass the 91st milestone laid in 1776. Hike through a hemlock forest and finish at a freshwater spring. This is a moderately difficult hike. Note: Cost includes transportation and leadership. Register by: 4/20.

#15373 Sat

Apr 30

8:00 am-5:00 pm

\$35(R)/\$45(N) Ages: 8 +

AT Hike #3 - Route 77 to Route 40

See the remains of the Black Rock Hotel, a 1900's gambling house. After lunch at Black Rock, hike to the panoramic view and freshwater springs at Annapolis Rocks. This 9.4-mile hike covers moderately difficult terrain with steep and rocky areas. Register by: 5/1.

#15375 Sat

May 14 \$35(R)/\$45(N)

Ages: 8 +

8:00 am-6:00 pm

Croydon Creek Activities

Call Croydon Creek Nature Center for more information - 240-314-8770

Early Morning Bird Walk

Bring your binoculars for a walk in the woods to see spring migrants who are passing through. The stream running through this large tract of forest provides the perfect habitat for many species to stop and rest on their way north. Trips depart from: Croydon Creek Nature Center

#15389 Wed \$4(R)/\$5(N)	Apr 6 Ages: 18 +	7:00 am-8:30 am
#4F200 \Mad	A == 20	7.00 0.20

#15390 Wed Apr 20 7:00 am-8:30 am \$4(R)/\$5(N) Ages: 18 +

#15391 Wed May 4 7:00 am-8:30 am \$4(R)/\$5(N) Ages: 18 +

#15392 Wed May 18 7:00 am-8:30 am \$4(R)/\$5(N) Ages: 18 +



Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. The department will make every effort to accommodate those on the waiting list (adding classes, etc.). If any openings become available, we will then go to the waiting list to fill the class.

Horseshoe Crab & Birding Overnight

High tides and a full moon in May mark a fascinating display of horseshoe crab mating rituals. Flocking migratory birds will feast on the newly laid eggs. Horseshoe crabs provide thousands of migratory birds with their primary food source during their flight from South America to the Arctic. We will travel to Delaware Bay in hopes of witnessing this spectacular display of life, death, and the true story of survival. The weekend will start with a walk along the beach, then a Horseshoe Crab survey in the evening and ending with a bonfire. Sunday morning we'll be birding. Cost includes lodging, dinner and breakfast (lunches are on your own), transportation, fees and leadership.

#15397 Sat & Sun May 21-22 \$134(R)/\$167(N) Ages: 18 + 12 noon-2:00 pm

Virginia Bluebells and Trilliums

Join us for a Pennsylvania trip to view the magnificent Virginia Bluebells and the white phase Red Trillium. Shenk's Ferry Glen Wildflower Preserve is host to 70 species of wildflowers that bloom in spring alone. Bring a bag lunch, snacks, water, binoculars (if you like), and wear a good pair of walking shoes. Cost includes transportation by van, fees and leadership.

#15393 Sat Apr 23 \$35(R)/\$44(N) Ages:18 + 8:00 am-5:00 pm

Women on the Move



If you are a woman over age 30 and would like to participate in activities without the pressure to 'keepup' with those half your age...you are a candidate for Women on the Move. Each season, trips are offered geared to novices who have a desire to become more physically active in the outdoors. These trips do require effort, but the friends you meet and the sights you see make it all worthwhile! For more information, call 240-314-8641. Trips depart from: Rockville City Hall unless otherwise indicated.

Deep Creek Retreat

Get away for the weekend with some gal-pals at this western Maryland resort. We will leave Friday afternoon and spend the weekend snowshoeing, hiking, snow-tubing and relaxing around the fireplace at this private vacation home. Costs include accommodations, outfitters' fees, two dinners and a breakfast, transportation and leadership. Lunch on Saturday and brunch on Sunday are on your own. Register by: 2/15.

#13209 Fri, Sat, Sun Feb 25-27 Fri, 3:00 pm-Sun, 4:00 pm \$216(R)/\$270(N) Ages: 30+

Depart from: Glenview Mansion

Maryland Heights Hike

Enjoy the best views in Harpers Ferry from the Stone Fort Trail on this 6-mile hike at Maryland Heights. It is steep trail of moderate difficulty with Civil War ruins along the way. Cost includes transportation and leadership. Register by: 3/28.

#13251 Sat Apr 9 9:00 am-6:00 pm

\$35(R)/\$45(N) Ages: 30 +

Rock Hall Ramble

Birdwatchers and outdoor enthusiasts alike will enjoy this 33-mile tour over level terrain. Considered a good bike ride for novices, this loop will take you through a maritime community rich with history and wildlife. Pack your lunch or select from the menu at Waterman's Crab House. Cost includes transportation for you and your bike and leadership. Register by: 4/20.

#15378 Sat 7:30 am-6:00 pm May 7 \$51(R)/\$63(N) Ages: 30 +

Saddle Up

Bring the west to the east on 3,000 acres of wooded trails on the scenic Severn River. Enjoy a two-hour ride western style at a Maryland ranch. Bring your own picnic lunch. Cost includes outfitter's fees, transportation and leadership. Register by: 5/25.

#15439 Sat Jun 4 8:00 am-5:00 pm

\$68(R)/\$86(N) Ages: 30 +

Hike at Riverbend

Join us for this hike at Great Falls in Virginia and enjoy wonderful vistas and a magnificent Potomac River setting. This is a moderately difficult 9.5-mile circuit hike through wooded uplands with an elevation change of 2200 feet. The trail surface is mostly dirt and gravel and very rocky in places. Cost includes transportation and leadership. Register by: 6/1.

> #15447 Sat \$35(R)/\$45(N) Ages: 30 + Jun 18 8:00 am-5:00 pm

> > 13th Annual

Wine Tasting Social

featuring White Wines of Southern Europe served with refreshing appetizers provided by

Theo's Restaurant



Admission: \$25 per person, Date: Friday, March 4 \$30 per person after Feb. 25 *Time:* 7:30 p.m. to 9:30 p.m.

Place: Glenview Mansion at the \$20 per person for RSCC Members

\$25 per person for RSCC Members after Feb. 25 Rockville Civic Center Park

(RSCC Memberships can be purchased at the event)

For information call: 240-314-5029 • http://www.rocknet.org/community/sistercities/index.html